Good news for homemakers

All you want to know about cranberries

By SHIRLEY W. WALTON
Extension Agent
Cranberries—Nutritious and Delicious

*NOTE: Many of you have requested that we print this article again.

Cranberries are truly North American berries. Before Columbus came to the New World the tangy wild cranberries had an important place in everyday life. Indian squaws used cranberries to brighten up food. Many Indians of the Cape Cod area treated wounds from poison arrows with cranberry dressing. Squaws made rugs and colorful blankets red with cranberry juice.

Pilgrim women learned of this wild berry from the friendly Indians. They soon began to create their own ways of fixing cranberries for the table. They made cranberry soucea, bubbling tarts and cranberry nog.

The word cranberry was a contraction of crane berry, an early name give to berries because of their pale pink blossoms resembling the head of a crance. Cranes were seen in the lowland, marshy places where the berries grew. The cranes also enjoyed eating the berries.

Cultivation of cranberries began in Massachusetts nearly 200 years after the landing of the Pilgrims. A farmer noticed that cranberries seemed to grow larger and juicier where sand from the dunes blew over the vines. Cultivation today came from this simple observation made nearly 150 years ago.

Cranberries grow on peat soil that has been covered with a three-inch layer of sand. Cuttings or branches from the existing cranberry vines are planted deep enough to take root in the peat soil beneath the sand. The vines, planted about six inches apart, gradually spread over the ground forming a thick green carpet. The vines are weeded in the spring and pruned in the fall and fertilized and resanded every three or four years. Vines are protected from frost by flooding and irrigated in time of drought.

Cranberries were first picked by hand, then with wooden-fingered scoops which combed the berries from the vine. Since World War II, the scoops have been replaced by mechanical pickers which complete the harvest faster and cut down on the frost damage. Every cranberry delivered to the receiving station must measure up to high standards of quality before it can travel under a label. After passing through a machine which blows out the chaff, a cranberry must demonstrate it's got bounce. Bounce? That's right. You wonder why. It's simple—a good, firm berry will bounce. A soft berry will not. Mechanical separators give each berry seven chances to bounce over four-inch wooden barriers. The berries that don't have the necessary bounce are discarded. Only the lively ones go on the screening room where canvas belts carry them between rows of sharp-eyed women who pick out any not up to standards of appearance and quality.

Cranberries are not only interesting fruit because of its heritage in our country, but it is also a nutritious addition to our diet. Cranberries contain calcium, phosphorous, potassium, vitamin A and vitamin C. Cranberries, when combined with another favorite such as pineapple, oranges and your favorite flavor of gelatin, can make a delicious salad. By the time you add some celery or nuts, you have a delicious salad that will please the pallets of every family member.

One of our favorites is the cranberry nut bread which follows as recipe of the week. This can be baked in small loaf pans and given for gifts.

As you eat and enjoy cranberries, you are eating a truly American food. Why not use some in your diet to give it variety and to add the minerals and vitamins that we need to help make us healthy people.

Since cranberries are a seasonal fruit, you may wish to purchase an extra supply to freeze. Wash and pick over the berries, drain thoroughly and package. These will keep for 12 months in the freezer.

Homemakers, as you try these recipes and as you read about cranberries, I want to wish each of you a joyous Thanksgiving season with your family. It is always a pleasure to work with you, and if the Appomattox County Extension Office can help you in any way, please call 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522.

RECIPE OF THE WEEK

Cranberry Fruit Nut Bread

2 cups sifted all-purpose flour
1 cup sugar
1½ teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
¼ cup shortening
1 teaspoon grated orange peel
¾ cup orange juice (undiluted)
1 well beaten egg
1 cup fresh cranberries, coarsely chopped
½ cup chopped nuts

Sift together dry ingredients. Cut in shortening. Combine peel, juice, and egg. (Undiluted juice makes a richer orange flavor.) Add to dry ingredients, mixing just to moisten. Fold in berries and nuts. Turn into greased 9 x 5 x 3-inch pan. Bake 350° oven for 60 minutes. Cool. Wrap and store overnight. This recipe can be doubled and frozen.

PRE-CHRISTMAS CLEARANCE SALE

JUNIOR AND MISSES
SPORTSWEAR
•PANTS •TOPS
•SKIRTS •JUMPSUITS
•KNICKERS
FRI., NOV. 20 — 8 A.M. — 8 P.M.
SAT., NOV. 21 — 7:30 A.M. — 2 o'clock
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Happiness is 4-H

4-H members in Appomattox have been busy distributing bulbs over the last week. The profits from the 4-H popcorn sale will be donated to the Holiday Lake 4-H Center to help with the cost of the new swimming pool being constructed at the camp. The pool will be ready for our use next summer when Appomattox 4-H'ers attend camp.

* * *

Several parents have asked about the 4-H Camp dates for next summer. As of now, Appomattox 4-H'ers are scheduled to attend Camp at Holiday Lake during the week of June 28 - July 2.

* * *

An excellent, low cost, 4-H livestock project is the market lamb project. 4-H'ers can actually raise a lamb as a "back yard" project and learn a great deal about raising livestock. The advantages of a lamb project over many other livestock projects is that it is a low investment, short term project that requires only a small area in which to raise the animal. Lambs may be purchased in early spring (March) and fed until they reach about 100 Pounds (June). 4-H'ers may then show their lambs and sell them through an organized 4-H Livestock Show. The total dollar investment in a lamb project will usually be less than $100.00 and the 4-H'er will usually recover all of his investment and make a small profit when the animal is sold. If your family is interested in a lamb project, please give us a call at the Extension Office and we will be happy to discuss it in detail with you.

* * *

There seems to be a lot in interest in the 4-H Pine Seedling program this year. Orders have already started coming in. 4-H'ers should remember that all orders require parents signature and must be turned in by December 11.

* * *

4-H will again sponsor a strawberry plant program this winter where families can order several different varieties of strawberries. Cost will be $2.00 per 25 plants ordered. Order forms will be offered to 4-H'ers in December.

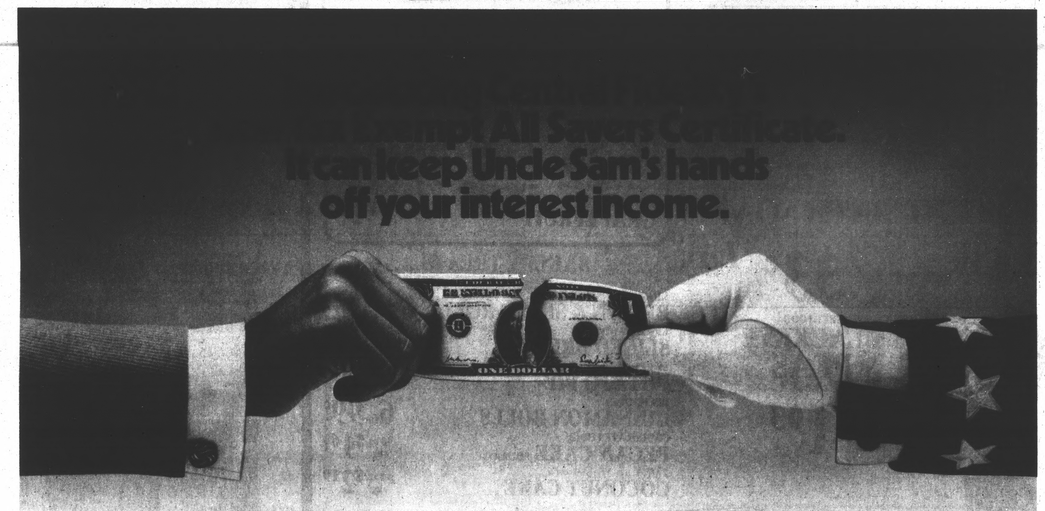
4-H Club news

By Brandon Short

Mrs. Knight's 4-H class met Oct. 12. Mr. Sweet gave us our 4 H booklets and told us about 4-H projects. The officers elected for this year are president, Kim Nottingham; vice president, Shawn Christian; secretary, Glenda Petty; reservation leaders, Mark Ferguson and Rodney Bell, reporter, Brandon Short.

By MARY BETH DRINKARD

Mrs. Bryan's 6th grade class had a 4-H meeting on November 11, 1981. Our meeting began when Kathy White our president asked Duane Elliot and Katherine Clifton to lead us in our pledges. Then our recreation leader, lead us in two games. Next our secretary read the minutes from the last meeting. After that Mr. Sweet talked about our old business which was about receiving our pop corn orders and receiving our projects. Then our new business was public speaking which will be in December, 4-H pine trees, strawberry plants, and a really new thing for the 6th graders judging teams. Next he began telling us more about public speaking. He gave us all the information we will need.



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If you want to pay less taxes and keep the interest for yourself, come to any Central Fidelity office. We'll help you to determine if the Tax Exempt All Savers Certificate makes sense for you. If it does, we can sell you one, or we may be able to convert an existing certificate to an All Savers. If it does not make sense, we can show you several other certificates that will allow you to take advantage of the current high interest rates.

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Happy Thanksgiving to all!!

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In Appomattox

Fed workers back on job

Employees of federal agencies in Appomattox breathed a sigh of relief when they reported back to work as usual on Tuesday morning following a lay-off on Monday in compliance with President Reagan's federal lay-off of 400,000 government workers nationwide.

The Appomattox County Office of Agricultural Stabilization and Conservation Service was closed on Monday at 2 p.m. until further notice and workers sent home, according to a spokesman from the local office.

The employees of the Appomattox Court House Historical Park, National Park Service, were also sent home on Monday at 2 p.m. in keeping with the nationwide lay-off. They resumed their duties as usual on Tuesday morning.

"I received a call from Don Castleberry, Deputy Regional Director of Mid-Atlantic Region of National Park Services, on Monday evening," commented John Montgomery, Superintendent of the local park service, "and I was really glad to get that call. We certainly hope that won't be any more lay-off periods."

Although the lay-off was brief, it was long enough to cause a feeling of apprehension, not only among fedeal employees but other citizens as well.

As of press time, Tuesday, all federal offices in Appomattox were back to work as usual.

Winter arrives

Appomattox County got its first snow of the season Tuesday morning, as between one and two inches of the white stuff fell on this section of Central Virginia. The snow started very early Tuesday morning or late Monday night, and early risers Tuesday saw a light dusting of wet snow on their lawns and automobiles. Later in the morning, however, the snow started again, and by mid-morning, Appomattox Countians could plainly see that winter had arrived in earnest. It was slippery going for a while, with a few minor fender benders reported around the county. But by press time, the temperature had started to rise and the snow was melting off the roads. School children, such as this youth leaving the bus at Appomattox Primary School [left] were disappointed that the snow did not result in a day-off. At right, winter scenery at the Historic Park off Route 24. [Photos by Allen Austin.

Cable-sale details being worked out

Arrangements for sale of the Appomattox cable television system are continuing smoothly according to Bill Britton, town manager.

Britton said this week that the agreement for the sale "has been pretty much finalized," adding that Bahakel Broadcasting's attorney, Robert A. Bernstein, has submitted a list of proposed amendments to the cable franchised agreement for consideration by the Appomattox Town Council and Board of Supervisors.

Britton said that the proposed amendments, which deal with specific portions of the franchise such as rate structure and channeling, will be discussed at the next meeting of the Town Council in December.

Bahakel Broadcasting, which owns 17 radio and television stations nationwide, is the parent company of Lynchburg Independent Broadcasting, Inc. This subsidiary, which administers WWOD and WKZZ in Lynchburg, would be responsible for maintenance and adminstration of the Appomattox cable television system.

The cable franchise was originally awarded to Arco, Inc., a Pennsylvania-based firm.

Arco has been under fire during the past year for failuire to comply with franchise stipulations. The town council voted earlier this year to take the frachise from Arco when it expired.

Extensions to the franchise were granted in order to allow Arco time to find a buyer.

LION GERALD WILBUN presents a check to Frank Coffey, director of the Appomattox County High School band, on behalf of the Appomattox Lions Club. The school band is one of various community components aided by proceeds from Lions Club fundraising events. (Photo by Bill Sherrod)

Local family honored

Mr. and Mrs. Norman Booth, RFD 1, Spout Spring, were presented the 1981 Outstanding Young Farmer Family Award for the Southside Area during the Annual Young Farmer Area Convention at the Appomattox County High School, Thursday, November 19. Norman is a member of the Appomattox Young Farmers Association.

The Booths were presented an engraved silver tray from the Virginia Bankers Association and a check for $100 from the Farmville Farm Credit Services Association. The check was awarded by Susan Ennis, Office Manager of the Farmville Office. William Hunter, Farmers National Bank, Appomattox, representing the Virginia Bankers Association, presented the tray.

Norman completed five years of agricultural education in the Appomattox High School and earned the Virginia State Farmer Degree. Mr. and Mrs. Booth are active in many agriculture, church, and civic organizations.

As Southside Area winners, the Booths will compete with five other winners for the Outstanding Young Farmer Family of Virginia award February.

Counties in the Southside Area competition are Amelia, Amherst, Appomattox, Bedford, Buckingham, Campbell, Charlotte, Cumberland, Franklin, Halifax, Henry, Lunenburg, Mecklenburg, Nottoway, Patrick, Pittsylvania and Prince Edward.

WILLIAM HUNTER, of the Farmers National Bank, representing the Virginia Bankers Association, presented a tray to Mr. and Mrs. Norman Booth of Spout Spring, named 1981 Outstanding Young Farmer Family for the Southside Area during the Annual Young Farmers Area Convention on Nov. 19. The Booths were also presented a check for $100 from the Farmville Farm Credit Services Association. (Photo by Frances Paulette)

Appomattox group attends dedication

At 10 a.m. Friday morning Gov. John Dalton and U. S. Army Retired General Westmoreland dedicated the Viet Nam Wing of the Virginia War Memorial, located at Chamberlayne Avenue and Belvedere Street in the City of Richmond.

Appomattox County was represented at the dedication ceremonies by Dennis E. Gragg, commander, Appomattox Post 104, American Legion, and Ivey Holland, past post commander.

Representing the American Legion Auxiliary were Mrs. Mary Gray Holland and Mrs. Mary Sue Gragg.

The family of Curtis Whitted, Sgt. (E-5), U. S. Army deceased, was represented by his widow, Mrs. Virginia Whitted and his mother, Mrs. Louise Harvey, of Appomattox.

The Appomattox entourage was part of a group of about 400 dignitaries, officials of veterans organizations and families of deceased Viet Nam veterans attending the ceremony.

On the two-story glass panels are etched the names of the 1,289 Virginians who gave their lives in Viet Nam.

"A very impressive ceremony was conducted by the Virginia War Memorial Commission," Gragg said this week. "I would encourage all Appomattox County residents to stop by the War Memorial in Richmond when they are in the area and take a few minutes to visit it and pay respect to the Virginia veterans who have their lives in World War II, Korea and Viet Nam."

Office closings cited

As usual, most government offices will be closed Thursday in observance of the Thanksgiving Holiday.

The Town Office will be closed Thursday in observance of Thanksgiving. Garbage pick up, which is normally scheduled for Thursday, will be conducted on Friday this week.

Town officials ask that citizens not put out hot ashes for the town truck to pick up.

The following county offices will be closed on both Thursday and Friday in observance of the Thanksgiving Holiday: the Clerk's Office, the Office of the Commissioner of the Revenue, the Office of the Commonwealth's Attorney, the Treasurer's Office, the Office of Building and Housing, the Department of Social Services and the County Extension Office.

The Treasurer's Office will, however, be open on Saturday, Nov.28 from 8:30 a.m. to noon.

The **Times-Virginian** newspaper office will be closed on Thursday in observance of the Thanksgiving Holiday.

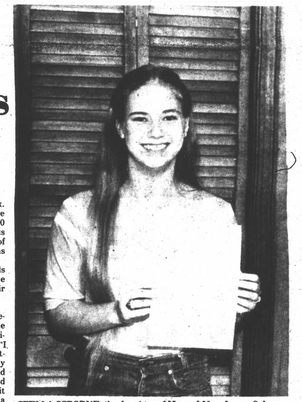
All Division of Motor Vehicle offices and driver's testing stations will be closed Thursday, November 26, in observance of Thanksgiving. Otherwise, DMV offices are open Monday, Tuesday, Wednesday and Friday, from 8:30 to 4:30, and Thursday 10:00 to 6:00.

Thanksgiving service planned

A community Thanksgiving service, sponsored by the Appomattox Ministerial Association, will be held at the Liberty Baptist Church on Wednesday evening, November 25 at 7:30.

The Rev. Edward Leonard, pastor of Memorial United Methodist Church, will bring the message.

A love offering will be taken to be used for the less fortunate in the community.



STELLA OSBORNE, the daughter of Mr. and Mrs. Jessee Osborne was the first-place winner in a "What America Means To Me" contest held earlier this year by the Oakville Ruritan Club. As first place winner out of 65 entries, she received a check for $50 and a certificate. Francis Tyler of the Oakville Ruritan Club sent her winning essay to President Ronald Reagan. Last week Stella received a letter from the President and a photograph which she proudly displays in the photo above. (Photo by Frances Paulette)

Father Darkleaf ill

Calvin Robinson's popular front-page column, "Father Darkleaf," was not published this week, as Mr. Robinson is currently suffering with an arthritic condition and was unable to write the column.

The condition has immobilized him temporarily, but Robinson says he hopes "to be able to resume writing next week."

"Father Darkleaf" is the longest-running weekly newspaper column in the state of Virginia.

Robinson is former editor and publisher of the **Times-Virginian.**

Local volunteers cited

Twenty seven local public welfare volunteers received certificates of recognition at the Appomattox volunteer luncheon on November 10.

The luncheon program chaired by Jenny Fratrick, volunteer coordinator for Appomattox County, gave recognition and appreciation to twenty seven volunteers for giving of their time, their talents, and themselves to the citizens of Appomattox County.

Gordon Ragland, regional volunteer specialist, introduced the speaker of the day, Lynn Benson, volunteer coordinator with the Virginia Department of Public Welfare.

"I'm happy to report the spirit of volunteerism is alive and growing not only here in Appomattox County but across the state and throughout the nation as well," Benson said.

He added that according to a 1981 Gallop study of persons aged 14 and older, more than 52 percent of American adults and 53 percent of teenagers have volunteered in the past year.

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